

45th Anniversary Allied Health Booklets

《治療在我手系列》 工具書



扶康會專職醫療團隊去年出版《治療在我手系列》工具書，冀與業界分享康復服務的實踐經驗，亦為照顧者提供實用的參考資訊。早前本會獲聯合新零售（香港）有限公司支持，在商務印書館舉行《治療在我手系列》工具書互動分享會。而本會專職醫療團隊及家屬代表亦接受香港電台第一台《精靈一點》電台節目訪問，向大眾介紹工具書。

本會於2023年3月11日（星期六）假商務印書館尖沙咀圖書中心活動廳 the Hub 舉行《治療在我手系列》工具書互動分享會。扶康會董事局主席林小玲女士，MH、扶康會董事局成員林振敏先生，SBS, QFSM, CPM以及聯合新零售（香港）有限公司副總經理簡珏綸先生亦到場支持。

當日言語治療師、職業治療師及物理治療師以新穎的手法介紹如何透過日常運動強化吞嚥功能、示範自理操及手指操，以及分享預防跌倒小知識。到場支持的照顧者也踴躍發問，想了解加強家人吞嚥能力的方法以及其他日常照顧的疑慮。

本會高級物理治療師蔡東洲先生和本會服務使用者的家屬吳錫汶女士早前接受香港電台第一台《精靈一點》電台節目訪問，除了向聽眾講解專職醫療團隊日常如何照顧服務使用者，吳女士更以個人經驗鼓勵其他照顧者都需要好好照顧自己，她日常亦會使用工具書內的二維碼瀏覽「簡易安全版伸展運動」片段，學習拉拉筋，放鬆身心。

The Fu Hong Society's allied health team published the "45th Anniversary Allied Health Booklets" last year to share practical knowledge about recovery with the industry, while providing carers a practical source of reference. With the support of SUP Retail (Hong Kong) Limited, the Society held an interactive sharing session on the "45th Anniversary Allied Health Booklets" at the Commercial Press. The Society's allied health team and family member representatives were also interviewed by "精靈一點", programme of RTHK Radio 1, to bring the booklets to public attention.

An interactive sharing session on the "45th Anniversary Allied Health Booklets" was held at the Hub at the Commercial Press, Tsim Sha Tsui Book Center Activity Hall on 11 March 2023 (Saturday). We had the honour of having Ms. LAM Siu Ling, MH, Chairman of the Society's Council, Mr. LAM Anthony, SBS, QFSM, CPM, member of the Society's Council and Mr. KAN Ernest, Deputy Vice President of SUP



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Retail (Hong Kong) Limited joined us during the session.

Speech therapists, occupational therapists and physiotherapists demonstrated how to enhance swallowing abilities, perform self-care and finger exercises, and shared tips on trip prevention. The participated carers were keen to find out ways to enhance their family members' swallowing ability and solutions to their other concerns about daily care.

Mr. TSOI Jonathan, senior physiotherapist of the Society, and Ms. NG Shik Man, relative of our service user were interviewed by "精靈一點", programme of RTHK Radio 1. Apart from explaining to the audience how allied health team take care of service users on a daily basis, Ms. NG draws from her personal experience to encourage carers to take good care of themselves. She often uses the video of "Simple Stretching Exercises" that can be assessed through the QR code within the Booklets to stretch and wind down.